## Free Fitness Program Take The Stairs









Stair climbing is
great for your heart,
legs and lungs.
Look for stairs at
work, shopping
malls, schools and



Eat Smart, Move More, Stress Less. Quit Tobacco, Choose Well, Get a Flu Shot.

parking lots.

www.kingcounty.gov/HealthMatters HealthMatters@kingcounty.gov 206-205-5017